



## Healthy relationships

### Essential part of stress management

Week of 27 June 2007 – 03 July 2007

With the wide range of stressors military life can present, every Airman needs a strong support system at work and home in order to accomplish the mission. Stress caused by deployments, increased operations tempo and decreased manning can negatively impact the mission if Airmen feel they have nowhere to turn for help.

The Air Force helps Airmen form strong support systems by offering programs that promote healthy relationships and lifestyles.

One agency dedicated to helping Airmen build and maintain healthy relationships is the Airmen and Family Readiness Center.

Some programs offered by Airmen and Family Readiness are:

- Communication classes: Facilitate positive communication skills and effective listening
- Understanding Yourself and Others: Classes open for Airmen and family members. Program uses learning tools to explore personality differences and ways to work through those differences
- Heart Link Spouse Orientation Program: An interactive learning experience geared toward new military spouses, but open to all, which informs spouses about the Air Force mission and military programs, services, benefits and entitlements available to them and their family members.
- Marriage Enrichment classes: Couples seminars and retreats focused on relationship dynamics

Contact your local Airmen and Family Readiness center for these and other programs available to you.

Find Airman's Roll Call Online Here: <http://www.af.mil/library/viewpoints/>

*Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.*